



McMinn County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the McMinn County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the McMinn County School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include school wellness policy established, school health policies amended and/or strengthened, and posted on website include: administration of medicines, Emergency Allergy Response Plan, and school health policies reviewed and incorporated into manual
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$241,764.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---------------------------------------|---|
| ➤ American Heart Association | ➤ Good Faith Clinic |
| ➤ Athens Area Chamber of Commerce | ➤ Goodwill Industries |
| ➤ Athens Insurance | ➤ Headstart |
| ➤ Athens Parks and Recreation | ➤ Health Department (TENNderCare, HIV/STD |
| ➤ Athens Regional Medical Center | ➤ Social Worker, HUGS, Regional Office) |
| ➤ Behavioral Research Institute | ➤ Hiwassee Mental Health |
| ➤ Blue Cross/Blue Shield of Tennessee | ➤ Hope Center |
| ➤ Caris Hospice | ➤ Kids On The Block |
| ➤ Civitan Club | ➤ Lions Club |
| ➤ Cleveland State Community College | ➤ Local Volunteer Fire Departments |
| ➤ Community Advisory Board | ➤ <u>McMinn County Anti Drug Coalition Aiding</u> |
| ➤ CONTACT of McMinn, Meigs, Monroe | ➤ <u>Teens (MADCAT)</u> |
| ➤ CoverKids | ➤ McMinn County Government |
| ➤ Dairy Council | ➤ McMinn Ministries |
| ➤ Department of Human Services | ➤ Morningstar Ministries |
| ➤ Englewood Police Department | ➤ National Guard Anti Drug Task Force |
| ➤ GetFitTN | ➤ Newspapers In Education |
| | ➤ Optimist Club |

- | | |
|--|-------------------------------|
| ➤ Parent/Teacher Associations | ➤ United HealthCare |
| ➤ Partnership For Families | ➤ United Way |
| ➤ Rural Health Association | ➤ UT Extension |
| ➤ Shriners Organization | ➤ UT Extension/TNCEP |
| ➤ Sight For Students | ➤ Volunteer State Health Plan |
| ➤ SouthEast Bank | ➤ Woods Hospital |
| ➤ Tennessee Technology Center of McMinn County | ➤ YMCA |
| ➤ Tennessee Wesleyan College | ➤ Youth Affairs |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as obesity and teen pregnancy task forces, school health screenings, Family Fun Fair, and the MultiCultural Event. Currently 81 parents are collaborating with CSH.

Students have been engaged in CSH activities such as setting up educational booths at athletic events, conducting community service projects, and conducting prom safety events. Approximately 50 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the McMinn County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2757 students were screened resulting in 484 referrals for vision, 156 for blood pressure, 227 for hearing, 44 for scoliosis, and 957 for BMI;

849 students have been seen by a school nurse and returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Forty-four percent (44%) of students in grades K,2,4,6,8, and 9 were overweight when BMIs were measured in 2011. This data reflects a 3% decrease since the establishment of Coordinated School Health in the McMinn County School System in school year 07-08;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, playground equipment, health education curriculum, guidance counselor curriculum, recess equipment, physical education. equipment, supplies for indoor physical activity in the classroom, smoothie makers for classroom, salad bar for cafeteria, library books and DVDs;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include annual professional development for physical education teachers including new physical education ideas, mapping physical education standards, teaching abstinence education and HIV, and diabetes information, Michigan Model for health education curriculum, conducting surveys to provide the system with student high risk behavior data, First Aid for First Responders, and introduction to the Coordinated School Health model;

School faculty and staff have received support for their own well-being through newsletters provided by CSH, promotion of community fitness opportunities, by providing fitness equipment to staff, and in arranging staff health fairs;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – purchase of Michigan Model for health education for staff who can teach individual components, abstinence based pregnancy prevention classes, partnering with agencies that provide courses on decision making skills and providing nutrition education during after school programs;
- Physical Education/Physical Activity Interventions – physical education teachers mapped out curriculum to show required standards were covered, K-5 teachers are using the Take 10! curriculum to integrate physical activity into the curriculum, 6-8 teachers are provided energizers by subject matter, physical education teachers and classroom teachers are awarded mini grants to purchase physical education or recess equipment, and teachers are provided an assortment of ways to have indoor activity during inclement weather (such as fitness DVDs, wii games, etc.);
- Nutrition Interventions – more whole grain foods and fresh fruit and vegetables offered in school cafeteria, nutrition education offered in after school programs, information provided to parents in monthly newsletters, information provided to parents on website, information provided to parents and students registering for PreK and kindergarten;
- Mental Health/Behavioral Health Interventions – MOUs established with mental health providers and mental health team (school counselors) meet regularly to discuss issues.

In such a short time, CSH in the McMinn County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Norma G. Barham
423-746-1465